

Local Cub Scouts take to the track

“Boogity, boogity, boogity, let’s go racing boys!”

Barry Householder
Special to the Frontline

Fort Stewart’s very own Cub Scout Pack 566 held its annual Pinewood Derby on Saturday March 19, 2005 at the School Age Services Building on Fort Stewart. 37 Cub Scouts participated in this year’s event as well as 8 siblings and 3 open class competitors.

Jake Householder, Mitchell Miller and Samuel Miller took first, second and third place respectively for the Pack.

Before the race, cars were judged in

various aesthetic categories to include best overall, judges favorites, best military vehicle and best block of wood just to name a few. However, the real award comes when scouts are pitted against each other in head to head competition as 7 inch pinewood derby cars race down a 32 foot wooden track to see who is the fastest. 1st, 2nd and 3rd place winners were awarded for each den (Tiger, Wolf, Bear and WEBELOS). In the end, the winners of each den face off to determine who among the racers has the fastest car in the Pack and will carry off the trophy as the 2005 pack champion.

As scouting is a family event, siblings of scouts could bring a car to the track and race other siblings. An open class race is also held for the grown-ups. After official racing has ended

scouts race each other in a free for all event. Other events included the Derby Coloring contest and the Derby Diner to feed the starving racers.

To usher in the Spirit of the Day, SSG Don Dunn of the 160th SOAR, brought his very own Mini Stock Division, Chevy Luv stock car to welcome the racers to the event.

Pack 566 was also very proud to have representatives from Oglethorpe Speedway to support the scouts and the race. Mr. Tom Egner, Pure Stock Driver, Mr. Allen George Pure Stock Driver and Mr. Faron Jenkins, Oglethorpe Speedway Chief Stewart, served as the official judges.

Pinewood Derby Racing began in 1953 and holds fond memories for an estimated 35 million scouts and parents world-wide. The Pinewood Derby is a

competitive event in Cub Scouts. Unfortunately, with competition there are winners and losers. The intent of the Derby is four fold: A scout and his adult partner work together to bring to the track the best possible pinewood derby vehicle they can design; the vehicles compete head to head to determine which car is the fastest; the event is a tool to teach sportsmanship for the winners and losers alike and finally HAVE FUN!!!

Pack 566 Scouts receive the Pinewood Derby Kit as a Christmas gift from the Pack in December and have approximately 3 months to design, build and fine-tune their car. Every year a boy participates, he brings a new car to the track. Pack 566 races on a

See Derby ————— Page 2B



Barry Householder

A sampling of the pinewood derby cars created by Bear Scouts in pack 566.

Fun for all ages: Easter bunny visits post

Story and Photos by
Marc McCormick
Managing Editor

After a week of foul weather, Saturday turned out to be the perfect day for the annual Fort Stewart Easter Egg Hunt.

Families and children began gathering for the hunt by 9 a.m. around the Youth Football Field adjacent to Diamond Elementary School.

Shirley Romblade, of the Fort Stewart Youth Center, and other



staff, set-up the fields and activities in anticipation of the approximately 2,000 children who would be participating in the hunt. The Easter Bunny was on hand and their was face painting and a game activity to keep the children occupied until the start of the hunt.

According to Larry Laughlin, recreation fitness director for Youth Services, the 20,000 eggs would be



The Easter Bunny was on hand to meet the children before the start of the Easter egg hunt.

gone in 2 minutes, if last year is any example.

And, it turned out that way — "One field took four minutes," Laughlin said, "and the other took two minutes."

Setting up the two fields took two

hours, according to Laughlin. The fields had separate areas for different age groups. Garrison Command Sergeant Major Luis A. Garcia made brief remarks prior to the event on behalf of the garrison commander. He was presented with his very own

Easter basket. When Garcia sounded the airhorn to start the event, the kids eagerly hurried to claim their eggs.

The lucky ones found a slip of paper inside one of their eggs which meant they could claim a special prize.

Children welcome in posts' commissaries Army wide while both Soldiers parents are deployed worldwide

FORT LEE, Va. — Having both parents deployed can be very troubling for the children left behind. But thanks to a little-known DoD directive, military children can continue to enter the friendly confines of any commissary.

Agent authorization benefits any authorized commissary shopper who needs assistance shopping or who cannot shop because of disability, illness or infirmity, as well as the children of service members who may not be available due to deployment, remote assignment or casualty.

Agent authorization is not granted by the Defense Commissary Agency. It is administered and managed by the installation commander through the local pass and identification office.

"We want to provide a touch of home for children whose parents are deployed, and often family finances are stretched to the limit," said Patrick B. Nixon, acting director for DeCA. "Whether they're buying for a toddler or a teen, we can help the agents get the best value on groceries and personal care items by providing savings of 30 percent or more. It's just one less worry deployed parents will have."

The agent does not have to be an authorized commissary shopper. The military member may request an agent authorization to allow the individual who is the primary caregiver for the children of deployed parents to enter the installation. Non-military primary caregivers should contact the identification card section on the installation to determine what legal documents, such as power of attorney, may also be needed to establish proof of caregiver status. At the same time, the individual can ask about gaining access to the installation.

Upon verification of caregiver status, the individual receives written authorization from the commander's representative designating him or her as an "agent" to accompany the children of deployed parents, or to shop for someone who is unable to get to the commissary or needs assistance while shopping. Usually, the letter is for a 12-month period, but it can be extended in cases of continued hardship.

"Every situation is unique so contact the identification card section on the installation to determine what proof is needed to have an agent shop in the commissary on your installation," Nixon said. "In most cases you can also get in touch with the commissary's store

director to put you in touch with the appropriate officials."

To find the nearest commissary, look under the "locations" link at <http://www.commissaries.com>. All commissaries have a local Web page with directions and management contact information.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices — savings worth more than \$2,700 annually for a family of four.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

Earth Day: A day for all

2005 Earth Day Message:

We are a nation at war. The need to protect our homeland has never been clearer. To ensure America's security, the Army is aggressively transforming into a relevant and ready strategic joint force with expeditionary capabilities. These capabilities enable us to win battles today while we prepare for the challenges of the future.

The American Soldier stands as the centerpiece of this effort.

Soldiers are the Army's most precious resource. They can be most effective only when we provide them the means to prepare for action.

We must provide them a realistic training environment in which they can test their equipment, hone their skills, and prepare for combat. They deserve a healthy environment in which they and their families can live safely.



We must nurture the environment with an eye toward partnerships so that our neighbors understand and support our mission.

The Army's Strategy for the Environment establishes a long-range vision that focuses efforts that sustain our mission. For success in the global war on terrorism we must carry out our responsibilities for the long-term.

The land, air, and water resources we work and train on are vital to both our present and future missions. We must use those resources wisely in a manner that reflects our devotion to duty and respect for the needs of tomorrow's Soldiers.

Over the past 35 years, the Army has joined the Nation in celebrating Earth Day on April 22nd. The Army's Earth Day theme this year, "Sustaining the Environment for a Secure Future," reflects our commitment to meet the current and future needs of Soldiers, their families, and the Nation through the sound stewardship of environmental resources.

This commitment belongs to every member of the Army team — every Soldier and family member, every retiree and veteran, and every civilian employee and contractor. Success requires that we each do our part.

Again this year, Earth Day is an opportunity to rededicate ourselves to stewardship of the Environment and partnering with local communities to Sustain the environment for a Secure Future.

I urge that you join the Army family in celebrating our long history and many achievements in caring for our environment.

Francis J. Harvey
Secretary of the Army

Gen. Peter J. Schoomaker
*United States Army
Chief of Staff*

DPW celebrates Read Across America Day

Frontline Staff

Col. John M. Kidd and volunteers from DPW Environmental Division participated in the National Education Association's Read Across America campaign on Mar. 2.

Initially created as a one-day event to celebrate reading on Dr. Seuss' birthday (Mar. 2nd), National Education Association's Read Across America event has grown into a nationwide initiative that promotes reading every day.

National events include appearances by celebrity guest readers, and military personnel, poster and poetry contest, games, book giveaways, character parades, and door decoration just to name a few.

On post schools annually celebrate this wonderful literacy program with week — long activities and encourage local volunteers to lend their support by reading to the students not only for the one-day event, but "everyday."

Col. Kidd served as the guest reader at Diamond Elementary for a combined group of 31 energetic kindergarten and 1st grade students who gathered in the Media Center's "Gator Pitt."

Aside from normal tradition of reading a Dr.



Courtesy photo

Children listen as Garrison Commander Col. John M. Kidd (not pictured) reads to them.

Seuss book, Col. Kidd read "Toot and Puddle," one of the first books from the Toot and Puddle series by children's author Holly Hobbie. Amazingly, he combined the adventures and experiences of the characters with an interactive geog-

raphy lesson using the carpeted map located in the center of the "Pitt."

The adorable students, with their faces adorned in painted whiskers and a black circle on the tip of their nose in honor of the famous cat, eagerly com-

peted in raising their hands as Col. Kidd asked them to identify locations on the world map that were cited in the book.

Before leaving, the students expressed their sincere gratitude by presenting him with a certificate of appreciation.

Seven DPW Environmental volunteers served as the guest readers for the students of Brittin Elementary.

"The students thoroughly enjoyed having several guest readers," said Vicki Byrne, event coordinator and teacher for Gifted and Schoolwide Enrichment. "We had an overwhelming response for the guest readers. The teachers and students really look forward to this event."

Ms. Cintron's 2nd grade students sat attentively and listened while Tori Gruenewald, Stormwater Specialist selected one story to read from her personal "Just So Stories" book that she has kept since childhood.

When she finished, they all grinned widely and begged her to read them another story — which she did.

"Reading is so important," said Gruenewald. "This was a wonderful opportunity to share one of my favorite books and my love of reading with the students and I look forward to reading again."

SMA tours Army housing

By Kafya Hosh
Army News Service

FORT BELVOIR, Va. — Sgt. Maj. of the Army Kenneth O. Preston received a detailed tour March 14 of homes built under the Residential Communities Initiative at Fort Belvoir, Va.

RCI has placed military housing under private enterprise at 21 installations, giving management of about 50,000 houses to private housing development companies.

Since January, RCI developers have built more new homes for families at Fort Belvoir, Va., Fort Bragg, N.C., Fort Stewart, Ga., and Presidio of Monterey, Calif., said Ivan Bolden, director of policy, RCI. An additional six installations have been targeted for privatization within the first six months of this year, he said.

Belvoir Garrison Commander Col. T. W. Williams, Fort Belvoir's Command Sgt. Maj. Andre' Douglas and a handful of Fort Belvoir Residential Communities officials guided Preston around Herryford



Courtesy photo

Sgt. Maj. of the Army Kenneth O. Preston tours the new home of Angie Moergeli, Colby Hurd, 7, and Layne Moergeli, 4, at Herryford Village on Fort Belvoir.

Village, the newest neighborhood on Belvoir, updating him on the installation's experience with privatized housing.

As the sergeant major of the Army, Preston oversees the quality of life of all enlisted Soldiers.

In an effort to display the fruit of RCI's labor, Preston is preparing to invite members of Congress' House Armed Services Committee to a D.C.-area installation with privatized housing and facilities, according

to his public affairs advisor, Master Sgt. Jose Velazquez.

Preston visited Fort Meade, Md., last winter, and wanted to assess Fort Belvoir as well before deciding which post will serve as a Congressional model for the privatized housing initiative.

During the Herryford Village tour, he looked at an empty town home, while FBRC personnel explained the unit's amenities.

To get a sense of the tenants' experiences, Preston also

stopped by some of the occupied homes, including that of Air Force Staff Sgt. Lisa Ferguson and her husband Jay Ferguson.

Preston asked the family how they enjoyed their new community thus far. He also asked for their feedback.

"It doesn't even compare [to other housing], it's unbelievable," she gushed of her three bedroom colonial townhome.

Preston said he was thoroughly impressed with the new housing on post, as he was able to witness the concept of RCI put to work.

"We've always said that you enlist the Soldier, but you retain the family," Preston said, noting that half of Army personnel are married.

Through RCI, the Army provides developers with a long-term interest in both land and family housing assets for redevelopment, according to program officials. The initiative is creating communities on Army installations to provide military personnel with quality housing comparable to civilian communities.



Spc. Robert Adams

Travel anyone?

Sgt. Darrin Cross, 2nd Bn, 7th Inf. Reg., looks over information at the Fort Stewart Library during the Travel Fair at Club Stewart. Vendors at the Travel Fair provided information on attractions and travel.



Marc McCormick

Welcome home, heroes...

Marc McCormick
Managing Editor

Assistant Adjutant General, Tennessee National Guard, Brig. Gen. David Greer, welcomed back the 1171st Transportation Company, following the compa-

ny's return from a year long deployment to Iraq.

In his remarks, Maj. Gen. Greer praised the unit for their professionalism and outstanding service while deployed in the Sunni Triangle of Iraq.

The 1171st arrived in Savannah at Hunter Army Airfield two hours ahead of schedule. Their delighted

families anxiously awaited their arrival at Fort Stewart where the unit will be processed over a three day period before returning to Tennessee.

The Hinesville chapter of Vietnam Veterans was on hand to also extend their welcome to the returning troops.

Derby ————— **From page 1B**
homemade four lane track, and the race is based on a point system allowing every scout to race every other scout (in his den) at least twice as well as racing all of the four lanes. This allows all scouts to race more than a couple of times and the scout with the most points for his den is the winner. Before racing begins, the scout registers his car and must pass a technical inspection. Once his car passes the inspection, it is

impounded and off limits until race time. A garage area is provided for any last minute adjustments a scout chooses to make prior to impound.

After the registration window closes, the cars are aesthetically judged.

As opening ceremonies end, the flag drops for the first of many races.

As the day ends, there are smiles and there are tears as awards are given and hearts are broken for both the scout and his parents.

For some, it is their last race, for others their careers are just beginning.

In the end though, all of these boys are winners for "doing their best" and participating in a great scouting tradition.

The winners of the den level competition advance to the district race, which will be held Taylor's Creek Elementary School in Hinesville on April 16, 2005. Winners from the district advance to the Council Races held in Savannah.

The 2005 Pack 566 den winners are:

Tiger Den:

1st: Samuel Miller
2nd: Peyton Ladd
3rd: Luke Householder

Wolf Den:

1st: Justin Rowell
2nd: Brandon Gilbert
3rd: Johnathon Dunn

Bear Den:

1st: Matthew Dawson
2nd: Nicholas Carter
3rd: Michael Dora

Webelos Den:

1st: Jake Householder
2nd: Mitchell Miller
3rd: Jason Arroyo

(Householder is the Pinewood Derby Committee Chairman)

CHAPLAIN'S CORNER

Chap. (Maj.) Tim Bauler
4th Bde, 87th Div

Easter is only a few days away, and we pause to contemplate the meaning of this Christian celebration. What is gone has returned...what was dead is alive...what is lifeless is now full of life eternal. This is what Easter is to us.

In late March 1993 a sudden, unexpected snowstorm blanketed the east coast of the US. In the great Smokey mountains of eastern Tennessee, it was the snow of the century. Many hunters and hikers were trapped in the park, cut off from their loved ones. Four men from Knoxville, Tennessee had chosen that weekend for a hunting excursion in the Smokeys. Since they had expected to be gone only one night, they didn't bother to tell their families the exact location of their hunt.

Image their surprise when snow blanketed up around their vehicle, so deep that their four wheel drive refused to budge. This was before cell phones became commonplace.

No one in the outside world knew where they were; they had little food; they were frightened and bewildered as what to do next.

They were cold, hungry and greatly discouraged. Would no one find them before they froze to death? Then suddenly they heard the sound overhead...the unmistakable whir of a helicopter. They jumped out of their vehicle and screamed and waved their arms to flag the pilot of the helicopter.

And he saw them.

For a moment the helicopter hovered above them; they could see that it was already filled with other hunters and hikers. Then they saw a basket being lowered, in the basket was a note attached to a rock. On the note was one word: Tomorrow.

Immediately the four men began to sing at the top of their lungs: Tomorrow, tomorrow, I love you, tomorrow. You're only

a day away. Their fear was gone: help was on its way. They would live to see another day.

Tomorrow...that is what we're so excited about!

That is the Easter Message.

Because what Christ has done for us we can live for today and hope for tomorrow because Christ has conquered sin and death. Will you begin living resurrection lives this moment?

God loves us and because he does we will always have tomorrows.



Gail Aldridge

A special thanks to...

Frontline Staff

VFW Walter F. George Post 6602 Americanism project was completed with the replacing of worn & torn American Flags on 216 gravesites at Oglethorpe Memorial Park Cemetery in Hinesville.

Project chairman Bea Hill said "The ladies of the auxiliary and local veterans pledge to replace these flags twice each year — prior to Veterans

Day in November and now in preparation for Memorial Day on May 30, 2005."

Left to right, Charlie Young, past Commander of Post 6602, Jimmy Putnam, Grace Godfrey, President of Ladies Auxiliary Post 6602, Sherry Hoitt, Jim Hill, past Commander of Post 6602, Bea Hill, Ladies Auxiliary Treasurer and Americanism Chairman, Post 6602, Amy Arnold, and Gail Duprey, Assistant Americanism Chairman.

Fort Stewart Easter Sunrise Service 6 a.m., Mar. 27, 2005 Marne Gardens

Refreshments to follow

WORSHIP OPPORTUNITIES

Fort Stewart

| Catholic | Location | Time |
|------------------------------|------------------------|------------|
| Sunday Mass | Heritage | 9 a.m. |
| Saturday Mass | Heritage | 5 p.m. |
| Weekday Mass | Victory | 11:45 a.m. |
| Protestant | | |
| Sunday Protestant Worship | Marne | 11 a.m. |
| Sunday Gospel Service | Victory | 11 a.m. |
| Sunday Family Friendly | Vale | 11 a.m. |
| Tuesday Healing Service | WACH | 11:30 a.m. |
| Sunday School | Diamond Elementary | 9:30 a.m. |
| Kids' Church(K to 6th grade) | Across from Dia. Elem. | 11:00 a.m. |

| | | |
|-----------------|--------------|------------|
| American Samoan | | |
| Sunday Worship | Vale | 1 p.m. |
| Muslim | | |
| Friday Jum'ah | Building 610 | 12:30 p.m. |
| Masjid (Daily) | Building 610 | 9 a.m. |
| Lutheran | | |
| Sunday Worship | Marne | 9 a.m. |

Hunter Army Airfield

| | | |
|--------------------------|----------------------------|-----------|
| Protestant | | |
| Protestant Sunday School | Religious Education Center | 9:30 a.m. |
| Sunday Service | Chapel | 11 a.m. |
| Catholic | | |
| Sunday Mass | Chapel | 9:30 a.m. |
| CCD | Religious Education Center | 11 a.m. |

Volunteer week approaches

Vickie Wiginton
Army Volunteer Coordinator

Apr. 17 - 23 has been designated as National Volunteer Week. Sponsored by the Points of Light Foundation, National Volunteer Week is about thanking one of America's most valuable assets — our volunteers — and calling the public's attention to all that they do to improve our communities.

The 2005 theme is "Inspire By Example" because it truly reflects the power volunteers have to inspire the people they help, as well as, to inspire others to serve!

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering.

Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public

statements and sign proclamations in support of National Volunteer Week.

Here at Fort Stewart and Hunter AAF, volunteers make a difference all over the installation. For this last fiscal year, a reported 169,357 hours have been turned into my office. I know that this amount is not a true picture.

Many agencies or volunteers fail to turn in the volunteer hours. And the reason that the hours are not turned in vary. But volunteer hours should be turned in for a variety of reasons: build a volunteer's resume skills; show proof of the volunteer's contributions; and installation may get funds.

The installation has earned the Army Community of Excellence Award and won \$1,000,000 this past year.

Part of the nomination for the award was volunteer hours. So as volunteers make a difference, why not make an additional difference by simply turning in the hours?

Additionally, there is a public law, Department of Defense Instruction 1100.21, which implements policies, responsibilities and procedures for the acceptance of use of voluntary services.

All Family Readiness Group volunteers are considered statutory volunteers and are covered under this law.

If volunteers are not properly documented, then the volunteer and the agency are breaking the law. Private Organizations, such as Officers' Spouses Club, Enlisted Spouses Club and Hunter Spouses' Club are not statutory volunteers.

So as, National Volunteer Week approaches, I ask that every volunteer help yourself and the installation by getting the paperwork completed and turning in your hours.

You have already "inspired by example" through your dedicated service. Fort Stewart and Hunter Army Airfield volunteers have a generous heart and are a priceless treasure.

VOLUNTEER SPOTLIGHT

BRENDA K. MARCHANT



Brenda K. Marchant, a native of North Carolina, is a Red Cross volunteer at the Hunter Army Community Services building.

She volunteers in the Red Cross Cafe. Marchant said she volunteers "because I am able to work in areas that are near and dear to my heart."

She also said, "I especially love working with our military programs at Hunter because our Soldiers and their families are tops on my list of special people."

If you would like more information about becoming an American Red Cross volunteer, call Brigitte Roberts at 370-6903 or send an email to Brigitte.Roberts@se.amedd.army.mil.

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|---|-------------------------------|--|
| R | RESOURCES | |
| O | OPTIMIZE | |
| C | COMPLIANCE | |
| K | KEEP IMPROVING | |
| | Sustainable Fort Stewart/HAAF | |



For more information, call the 1st Army Recruiting Station in Savannah, Ga. at (912) 920-2571.

M A R N E T V

February 2005 Schedule

Marne TV can be found on Comcast Cable Channel 16 every weekday.
Tune in to the Marne Report six times a day for the latest from Stewart and Hunter.

| | |
|------------|---------------------|
| 5 a.m. | Army Newswatch |
| 5:30 a.m. | MARNE REPORT |
| 6:30 a.m. | Air Force News |
| 7 a.m. | Navy News |
| 7:30 a.m. | Army Newswatch |
| 8 a.m. | MARNE REPORT |
| 9 a.m. | Air Force News |
| 9:30 a.m. | Navy News |
| 11:30 a.m. | Army Newswatch |
| Noon | MARNE REPORT |
| 1 p.m. | Air Force News |
| 4:30 p.m. | Navy News |
| 5 p.m. | MARNE REPORT |
| 6 p.m. | Army Newswatch |
| 6:30 p.m. | Air Force News |
| 7 p.m. | Navy News |
| 10 p.m. | MARNE REPORT |
| 11 p.m. | Army Newswatch |
| Midnight | MARNE REPORT |



Pets of the Week

These lab mix puppies (there are more not pictured) are two months old or younger. They are very friendly and curious. They're ready to adopt today. They are playful and would make a good addition to any family.

If you are interested in adopting one of these puppies, call the Fort Stewart Veterinary Clinic at 767-2842.

Troupe returns from Mideast tour

FORT BELVOIR, Va.— “BRAVO!” Army Theatre Touring Company has recently entertained troops from the Middle East to the eastern United States. Having already performed “The Complete History of America (abridged)” for audiences in Cuba, Honduras, Africa, Qatar, Kuwait, Afghanistan and Uzbekistan, the four-Soldier ensemble is scheduled to perform this week at Fort A.P. Hill, Va. (Mar. 22); Fort Detrick, Md. (Mar. 23); and Picatinny, N.J. (Mar. 25). They also have performances scheduled for “The Complete History of America” at Walter Reed Army Medical Center (Mar. 24)

and the Armed Forces Retirement Home (Mar. 28) in Washington, D.C. In between, the Soldiers also shared their rib-tickling, 90-minute play with troops at Fort Gordon, Ga.; Fort Knox, Ky.; Fort McPherson, Ga.; Fort Benning, Ga.; and Fort Buchanan, Puerto Rico, where they conducted theatre workshops with high school and junior high students. “I actually had a guy walk up to me in Afghanistan and say — ‘For these past 90 minutes I forgot I was over here,’” said Spc. Donnie George, one of three actors in the play. “That was my whole purpose, to boost the morale of Soldiers. For people to say

‘you did a good job’ and ‘I had a good time,’ that’s what we like to hear. But for that guy to say that took it to a whole other level. That was really cool.” Staff Sgt. Joseph Madison of Fort Gordon and Spc. James Dreussi, an active Army Reservist from Columbus, Ohio, are the other actors in the play. Spc. Michael “Craig” Easter of Fort Sill, Okla., is the technician, and Sgt. Joe Lier, of Army Entertainment Division, is the noncommissioned officer in charge. *(Editors note: Hipps writes for the U.S. Army Community and Family Support Center Public Affairs.)*



WOODRUFF THEATER
MARCH 24 TO MARCH 30



Monday through Thursday admission is \$1.75 for adults, \$1.25 for children. | Friday, Saturday and Sunday admission is \$3.50 for adults, \$1.75 for children.

Boogeyman
Tonight — 7 p.m.

Tim is a man who is still haunted by traumatic memories of his past, many linked to the death of his father. Desperate to resolve his issues, Tim returns to his old hometown so he can pay a visit to the house where he grew up. But while Tim wants to convince himself the ghostly memories he carries are just a figment of his imagination, circumstances lead him to believe that there may be a kernel of truth to them. PG-13.

The Passion Recut
Saturday and Sunday — 7 p.m.

Mel Gibson's well-publicized production The Passion of the Christ concerns the last 12 hours in the life of Jesus of Nazareth. The dialogue is spoken in the ancient Aramaic language, along with Latin and Hebrew. In the Garden of Gethsemane near the Mount of Olives, Jesus (James Caviezel) is betrayed by Judas Iscariot (Luca Lionello).

The Aviator
Friday, Tuesday — 7 p.m.

Martin Scorsese and Leonardo DiCaprio team up again after 'Gangs of New York' in this biopic about Howard Hughes, the mid-century icon of American wealth. The film traces Hughes' careers (Hollywood produce, airline tycoon) as well as his relationships with Hollywood's leading ladies, including Katherine Hepburn (Kate Blanchett) and Ava Gardner (Kate Beckinsale). PG-13.

Son of the Mask
Wednesday — 7 p.m.

The strange mask that gave Jim Carrey remarkable powers in the 1994 hit The Mask makes a mess of a seemingly ordinary family in this special effects-laden comic fantasy.



Catherine Caruso
Frontline Staff

What do professional golfers and a military installation have in common? Discipline. That’s according to David Guhne, assistant coach for the University of Tennessee’s golf program. “I love coming here every year. My players see the Soldiers in formation, out running, and they’ll say ‘do those guys really get up that early?’ And I tell them they’ve probably been up for hours, and that’s the kind of drive they’ll need to make it in the pros,” Guhne said. “This is a generation where a lot of their parents didn’t serve in the military.

“If we didn’t come here, I wouldn’t even be able to start that conversation, and this way, they bring it up themselves,” he said.

The GEICO Invitational Collegiate Golf Tournament brings some of the best college players in the country to Hunter Army Airfield every spring.

It’s the only tournament of its kind on an MWR facility, Tommie McArthur, Hunter Golf Course director of operations, said.

Each year, the University of Tennessee team invites Division I teams from around the country to kick off their season in sunny Savannah while some of their home courses are still under snow.

At Hunter Golf Course, they play 56 holes of some of the toughest golf in the Coastal Empire.

“If you manage your game, this is a good golf course. If you don’t manage your game, you are going to make some pretty big numbers,” Guhne explained.



Photo courtesy of MARNE TV

A Geico Invitational Collegiate Golf Tournament competitor putts at one of the greens on Hunter.

Again, it all comes down to discipline, he said.

The courses’ narrow, dog-legged fairways and small, elevated greens make the course a challenge players either love, or love to hate.

“I like to bring the players here because you really need to be on top of your short game to play this course,” he said. “It’s about chipping, and putting, you have to be able to put a curve on your drives. There’s no other way.

“If you have a wide open course, it

could be 400 yards to the hole, but if you can cover it in one long drive it’s easier to play,” he said. “If people in Savannah aren’t playing this course, they need to start playing it.”

Tennessee’s team boasts two freshmen tied for 21st in the country, and a senior who has already played in some PGA events.

While Guhne said he enjoys bringing his players into the military atmosphere, one soldier said the annual tournament is his chance to compare his

golf game to the experts.

The three-day tournament kicks off with an 18-hole pro-am style round.

Command Sgt. Major Carlos Cueto has been playing in the college-am tournament since it began, in 1998. He played on the first place team, with college player Ryan Couches of Elon University, in 2004.

“I started playing golf twenty years ago. I wanted to be a Command Sergeant Major, and someone told me sergeant major has to play golf, because

all commanders play golf, and they want to play golf with their sergeant major. And then I got hooked,” Cueto said.

Cueto, with Dwayne “Scotty” Scott, and Bob Tunkel played to a second place finish this year.

Cueto said the annual college-am round is both energizing, and humbling, for duffers like himself.

“They’re real young kids, 18 to 22 years old, and it’s an honor to play with players that good,” he said. “It’s a good experience.

“Mostly because it shows you how far away their game is from yours,” Cueto said.

Days one, two and three of the tournament, teams from 18 colleges battled it out under sunny skies on the fairway. Elon University emerged victorious, trumping teams from Appalachian State University, Birmingham Southern University, Citadel University, Charleston Southern University, Jacksonville University, Liberty University, Lipscomb University, Longwood University, Murray State University, Radford University, Tennessee Tech University, University of Richmond, University of Evansville, University of Tennessee at Chattanooga, Western Carolina University, University of Evansville, Wright State University, and the “home team,” and Division II players from Armstrong Atlantic State University.

Hunter Golf Course at Hunter Army Airfield and Taylor’s Creek Golf Club at Fort Stewart are open to the public, seven days a week.

Health studies show fiber is for young and old

1st Lt. Katrina Calhoun
Winn Army Community Hospital

When you hear the word “fiber,” what comes to mind? Most Americans associate fiber with crunchy “roughage” or prunes, the type of foods typically associated with older Americans.

Truth is, fiber is in “roughage,” like bran cereals and oatmeal, but it is ultimately found in all whole grains, fruits and vegetables.

Fiber is a tool and nutrient. Current data even suggests it may play a significant role in enhancing performance and future health. When used regularly, fiber can potentially improve health and fight chronic diseases, like colon cancer and heart disease. Fibers ability to maintain bowel regularity offers improved health by slowing the absorption of carbohydrates – and binding with bile acids to decrease low density lipoproteins, which cause plaques that can build up and decrease blood flow.

Fiber comes in two forms, soluble and insoluble, both of which are beneficial.

It is soluble fiber that helps rid the body of cholesterol and other materials that can produce plaque. By binding to bile acids, which digest fats,

deposits are prevented. Soluble fiber creates the gummy texture in oatmeal and bananas. It is this same gummy texture, called pectin or gum, that allows fiber to bind with the bile acids to remove plaque building materials.

An excellent source of soluble fiber is oat bran, commonly found in oatmeal. Other sources include apples, oranges, pears, peaches, prunes, figs, squash, zucchini, celery, string beans, packet peas, carrots, seeds (sunflower and flax,) dried beans (lentils, kidney, white, lima, brown and black,) barley and rye.

Insoluble fiber helps stool pass more efficiently in the gastrointestinal tract. When bowel movements aren’t regular, bacteria can build up or seep through the intestinal walls. Also, hard feces can get caught in the intestinal pockets, creating many health problems. Insoluble fiber is able to improve efficiency because it does not dissolve in water.

It is found in fruits with seeds (strawberries, raspberries, figs) whole-wheat flour, nuts, starchy vegetables, bran, popcorn and brown rice.

The American Dietetics Association recommends 25-35 grams per day of fiber for adults. Good sources of fiber provide a minimum of 2.5

grams per serving. High fiber is considered to be 5 grams per serving. Here are some tips for incorporating more fiber.

Tips to fit fiber into a daily diet —

- Grab a piece of fruit when on the run – they hold up well in a backpack.
- Add a tablespoon of oat bran, flaxseed or sunflower seeds to breads, casseroles, meatloaf, cookies, salads, stuffing or other favorite recipes.
- Eat the skin on your fruits and veggies.
- Add more beans, peas and lentils to your diet.
- Incorporate oatmeal or high fiber cereals into your diet.
- Take advantage of frozen or fresh veggies.

Fast food and high fiber —

- **Taco Joints** — Soft or crunchy taco with plenty of beans, salsa and lettuce.
- **Burger Joints** — Try a fruit and yogurt parfait, have a side-salad or get plenty of veggies on the burger.
- **Sandwich Shops** — Order your subs on whole-wheat bread, add plenty of veggies and get at oatmeal raisin cookie.
- **Chinese Food** — Anything with veggies, including an egg roll.

| Great Food Choices and their Fiber Content | | |
|--------------------------------------------|------------------------|-----------------|
| Products | Portion Size/Fiber (g) | Total Fiber (g) |
| Cereal | | |
| Oatmeal, cooked | 1 cup (234 g) | 4.45 |
| Shredded cereals | 2/3 cup (28 g) | 3.16 |
| Bran cereal | 2/3 cup (60 g) | 13 |
| Wheat germ | _ cup (56 g) | 7.84 |
| Fruits | | |
| Apple, no skin | 1 medium (138 g) | 2.07 |
| Apple, with skin | 1 medium (138 g) | 2.76 |
| Banana | 1 medium (114 g) | 1.94 |
| Orange | 1 medium (131 g) | 2.49 |
| Raisins | _ cup (36 g) | 2 |
| Strawberries | 1 cup (149 g) | 2.68 |
| Vegetables | | |
| Broccoli, raw | _ cup (78 g) | 2.07 |
| Carrots, raw | 1 medium (72 g) | 1.80 |
| Corn, frozen | _ cup (83 g) | 2 |
| Potato, no skin | 1 medium (72 g) | 2.03 |
| Potato, with skin | 1 medium (202 g) | 3 |
| Turnips, frozen | _ cup (82 g) | 2.05 |
| Legumes | | |
| Kidney Beans, canned | _ cup (128 g) | 6.66 |
| Pork and beans, canned | _ cup (128 g) | 5.63 |
| Peas, green, frozen | _ cup (80 g) | 2.8 |
| Breads, Pasta | | |
| Whole Wheat bread | 1 slice (28 g) | 2.5-4 |
| Spaghetti, cooked | 1 cup (140 g) | 2.1 |
| Egg rolls | 1 roll (200 g) | 5 |

Need to know — TLC for sprain essential to full recovery

Vaughn A. Frigon, M.D.
Coastal Orthopaedics and Sports Medicine

Whether you participate as a highly competitive athlete or a weekend warrior just trying to stay in shape, injuries unfortunately often occur.

Proper training and equipment can help deter many athletic injuries but they cannot always be prevented. In fact sports injuries are among the most common reasons people seek urgent medical care. When injuries do occur a good understanding of the cause and treatment options can help you to recover and get back in the game as quickly as possible.

As an orthopaedic surgeon I believe the more information you have at every step of your recovery, the better you will do. Understanding sports injuries can also make you a more knowledgeable and informed fan of the sports you enjoy watching.

This is the first in a series of articles on sports medicine designed to inform and educate athletes of all ages about common sports injuries. Our first article will be on ankle sprains and over the next several months we will discuss typical athletic problems as well as other sports related issues such as nutrition

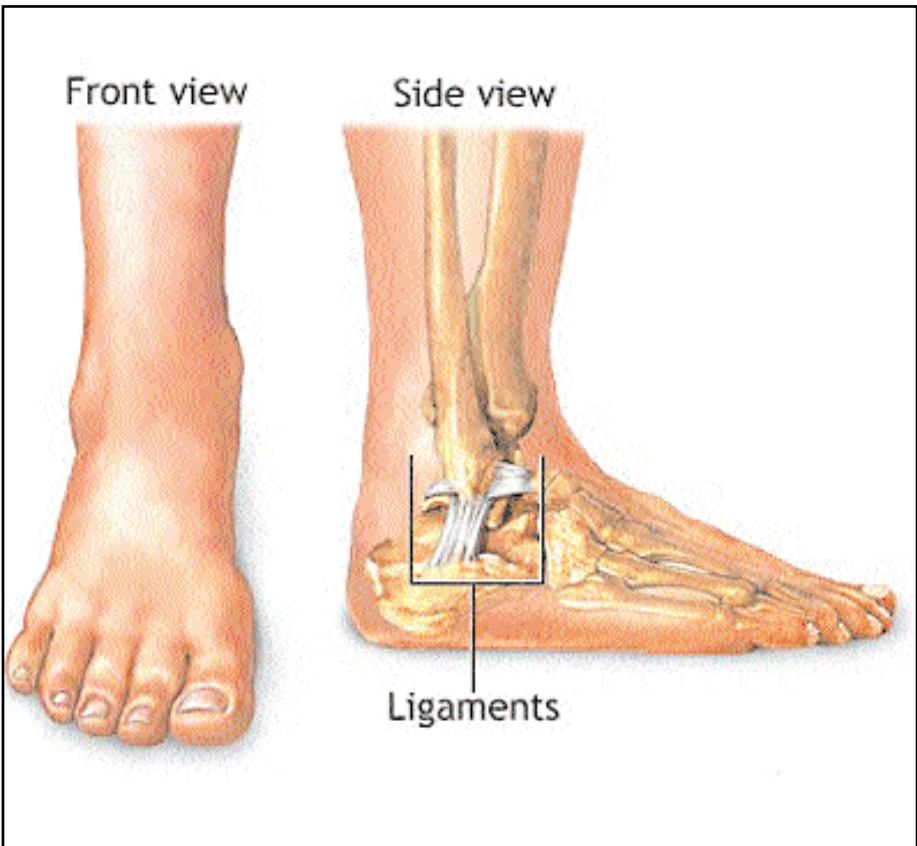
and the use of supplements.

An ankle sprain is an injury that causes a stretch or tear of one or more ligaments in the ankle joint. Ligaments are strong bands of connective tissue that hold the bones together at the joint. This usually occurs from the foot twisting or turning under.

This is very frequently seen in basketball players who jump and land awkwardly on their foot. Most sprains occur on the outside part of the ankle, but they can occur on the inside as well. A more severe form of sprain commonly known as a high ankle sprain occurs higher in the leg above the ankle joint.

Symptoms of a sprained ankle include sudden pain, swelling, discoloration, difficulty moving the joint, and pain when you put weight on it. An ankle sprain is diagnosed by carefully reviewing how the injury occurred and examining the ankle.

X-rays are frequently taken to ensure there is no fracture of the bones around the ankle joint.



Treatment of an ankle fracture includes applying ice packs for 20 to 30 minutes every hour for the first 3 days and elevating your ankle above the level of your heart by placing several pillows underneath the foot.

The foot and ankle are typically immobilized either with a brace or a splint until the pain and swelling subside. Depending on the severity of the injury a cast may be needed and

you may need to stay off the ankle using crutches until you can walk without pain. Taking anti-inflammatory medications or other pain medicines prescribed by your doctor can help relieve your symptoms.

Once the symptoms start to improve you should begin a program of ankle range of motion and stretching exercises to prepare you for return to normal activities. Very rarely, complete

tears of the ankle ligaments may require surgery. A severe ankle sprain can be as bad or sometimes worse than a fracture in the amount of pain you have and the length of recovery.

The recovery time from an ankle sprain depends on several factors including your age, health and physical condition, any previous injuries, and the severity of the injury. The goal of your rehabilitation is to get you back to full activity and function as quickly and safely as possible.

If you return too soon you may worsen or re-injure the joint, which can lead to permanent damage. In general, the longer you have symptoms before you start treatment, the longer it will take to recover. Usually you can return to full activity including sports when you have no tenderness at the ankle and have full range of motion and strength.

Ankle sprains can be prevented by wearing proper, well fitting shoes when you exercise, by stretching before and after athletic activities and by doing

exercises to keep the ankle joint strong and flexible. Once an injury occurs most athletes will either have their ankles taped or wear a brace for added support. Most high level athletes have had an ankle sprain at some point in their career and almost without exception they will wear a brace or get taped before competing. Once you have sprained your ankle you will always be prone to another injury because your ligaments do not heal back as strong as before the injury.

Because of this it is important to see a medical professional, not only to help you get over your initial pain and get back to full activity, but also to try to prevent recurring injuries.

(Editor’s Note: Dr. Frigon graduated from the University of Tennessee College of Medicine and went on to internship in General Surgery and a residency in Orthopaedic Surgery at the Tulane University Medical Center in New Orleans, La.

Frigon is board certified by the American Board of Orthopaedic Surgery and is a Fellow of the American Academy of Orthopaedic Surgery.

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(Dr. Frigon is a TriCare provider.)